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U. S. Department of Agriculture

HOUSEKEEPERS' CHAT

Wednesday, June 17, 1931.

NOT FOR PUBLICATION

Subject: "Modern Ways in Child Feeding." Information from Mrs. Rowena Schmidt Carpenter, Bureau of Home Economics, U.S.D.A.

Publication available: "Child Feeding Charts." Series of eight charts, price 25 cents the set, can be ordered from the Superintendent of Documents, Government Printing Office, Washington, D.C.

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When I went over to the Bureau of Home Economics yesterday, there was a surprise waiting for me---a surprise hanging on the wall. Eight brand-new charts on child feeding, all attractively illustrated in black and white.

"When did these charts arrive?" I inquired of Mrs. Carpenter.

"They came from the Government Printing Office just a few days ago", she told me. I admired the charts out loud in no uncertain terms. Their author, you will be interested to know, is Mrs. Rowena Schmidt Carpenter herself. She planned and designed these charts and several of her young friends--ages varying from one to ten years---were photographed for the illustrations.

The charts have been made in response to the many requests for information on child nutrition and eating habits that have come to the Bureau of Home Economics. Mothers have been asking what food to give children of different ages; how to tell whether a child is well nourished or not; how to plan menus for children of different ages; how to help children develop the right eating habits.

These are just a few of the frequent questions asked by parents. Many excellent books and pamphlets are published to-day on this subject of child feeding and any interested mother, willing to give the subject some study, can usually find the answer to her own problem. Sometimes, however, the most helpful answer can be given in a few brief words or by a picture. Often one illustration, which requires only a glance to understand, can explain as much as several pages in a book.

The new charts were planned with this idea in mind. The picture and a word or two along with it tells the story. Mrs. Carpenter says that they are especially intended for use by clubs or study groups or teachers---mothers' clubs, child study clubs, Home Bureau groups, child welfare clinics, nursery schools, home demonstration agents, social service workers and teachers. Teachers will find them especially helpful in emphasizing the importance of establishing good food habits at an early age.

Let's go over the eight charts, one by one--and see what they are like and what we can learn from them.

Chart Number One answers the question: "What factors are needed for the child's good nutrition?" For happy, healthy, growing children---like those pictured on the chart---the factors needed are: wholesome food, rest and sleep, fresh air and sunshine. These make for appetite, good nutrition and growth.

Chart Number Two is labeled: "Signs of Good Nutrition." This chart answers the question: "How can I tell whether my child is well-nourished?" First, take a look at the sturdy little girl on the chart. She is a good example to use in checking up on your own child. Then consider the following points: First, whether the child has a sturdy body and regular gain in height and weight. Second, happy, alert expression. Third, Sound even teeth. Fourth, deep, broad chest. Fifth, strong straight legs.

The next three charts take up eating habits---a most important subject---almost as important as the food itself. Because, if your child has not learned the habit of eating the food you serve him, he may be undernourished no matter how carefully you plan the meals and how perfectly you prepare them. As Mrs. Carpenter says, "It's the food inside the child and not the food on the table, that counts in good nutrition."

Now we come to Chart Number Three, which is entitled, "The right start for the baby." A very engaging baby with the kind of a smile every baby should have, appears on this chart, sitting up in his high-chair and reaching eagerly for the spoonful of food his mother is about to give him. Along with his egg he is getting some food that is new to him---perhaps some vegetable puree, which this young beginner has never tasted before. But he is taking it happily and eagerly. He is being trained early, you see, to like all kinds of wholesome food, so he won't grow up finicky and prejudiced about food and won't miss any nourishment that he needs. Under the picture is the slogan: "Liking comes through learning to like." Did you ever realize that every one of us learns to like or dislike foods? Such attitudes are acquired and not inherited or born in us. So, for future health and happiness, the chart urges mothers to teach their babies the flavor of a variety of foods early.

Chart Number Four will have to be seen to be appreciated. It is called: "Aids to Good Food Habits." The illustration shows a small boy and girl enjoying their meal at a little table just the right size to be comfortable, sitting in chairs also of the right size, and eating from small dishes and with small spoons and forks. The chart suggests, "Tables, chairs, dishes and silver that fit." It also advises, "Happy comradeship without too much supervision." Many grown-ups with a tendency to supervise their youngsters too much at meal-time might profit by taking this valuable bit of advice.

Modern mothers believe in helping their children help themselves at an early age. This applies to eating, dressing and every other daily activity. Instead of feeding the youngest, because it seems easier than to bother to teach him to feed himself, the new idea is to encourage self-help at an early

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age, even if the scrambled egg and baked potato does get spilled on the floor many times during the learning process. This self-help idea is illustrated in Chart Number Five. And the little girl who is engaged in eating her meal without help doesn't seem to be spilling anything either. She is, as the chart says, busy, interested and independent. The child who helps herself will become interested in eating.

Let's pass to Chart Number Six. This is a chart that every busy mother will be glad to see. It shows how one simple menu can be adapted to all members of a family of different ages. The two-year-old sitting at the top of the chart has small servings; the six-year-old has medium servings; and the ten-year-old has very generous servings. But the same menu is used for all. Wholesome foods simply prepared suit the whole family. The only difference in a wisely planned menu is in the amount eaten.

Chart Seven shows the three meals a day needed by the three-year-old. First, a menu for a good but simple breakfast is given; then, another menu suitable for the chief meal of the day, always served at noon; and finally, a menu for a simple supper.

The last chart, Number Eight, lists the foods needed for good nutrition--- The foods your child should eat every day. This chart will help you check the day's meals for your family each time you plan them.

I wish I could send you these charts free, but they must be bought from the Superintendent of Documents, Government Printing Office, Washington, D. C. The eight charts, 15 by 23 inches in size, are printed in black and white on heavy paper. The cost of the set is 25 cents.

The last feature on our program to-day is the children's dinner menu. Quick Turnip Soup; Watercress and Cream or Cottage Cheese Salad; Toasted Rolls; Fresh or Canned Fruit or Berries, in Season.

Perhaps I'd better repeat that menu before I give you the recipe for Quick Turnip Soup. (Repeat).

There are seven ingredients in quick turnip soup. I'll list them.

- 1 quart of milk
- 1 onion, cut in half
- 1 tablespoon of flour
- 2 tablespoons of melted butter or other fat
- 2 cups of grated raw turnip
- 1 teaspoon of salt
- Chopped parsley, and

Once more (Repeat.)

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Heat the milk in a double boiler with the onion. Add the flour and fat, which have been well blended. Then add the turnip and salt. Cook until the turnip is tender--or for about 10 minutes. Remove the onion. Then sprinkle chopped parsley over the soup and serve immediately.

Tomorrow: "Floors and Rugs in Summer."

